

Recipe Name **Chopped Mexican Salad**

Ingredients:

Salad:

2 1/2 cups chopped romaine lettuce

1 can black beans, rinsed and drained (can use cooked dry beans as well)

1 pint grape tomatoes, halved

3/4 cup jicama, peeled and chopped

3/4 cup roasted corn kernels (frozen works well here, just thaw and throw them in)

3/4 cup radishes, chopped

half of a ripe avocado, chopped

1/4 cup feta, crumbled (dairy free - leave it out, you won't miss it or substitute Miyoko's Vegan Mozzarella)

Dressing:

1/4 cup fresh squeezed lime juice

1/4 cup good quality olive oil

2 Tablespoons raw honey

3 Tablespoons chopped fresh cilantro

1 garlic clove, minced

1 jalapeno pepper, finely minced

Salt and pepper to taste



RECIPE

Directions:

1. Toss all salad ingredients in a large bowl.
2. In a separate bowl, whisk all dressing ingredients until emulsified. Pour dressing over salad and toss again. Season with salt and pepper to taste.